

KEN L. ROBERTS

LIVE WELL

RESOURCE

IN THIS DOWNLOAD

We discuss how dissatisfaction may be whispering ... "There's something more to your life."



8 INDICATORS YOU'VE POSSIBLY PLATEAUED

by KEN L. ROBERTS

How do we recognize when we've hit a plateau? Here are 8 common indicators ...

1. BOREDOM

We know there's more. We know something greater awaits us: in our marriage, our family, our personal or professional life. There's more of who we hope to become and what we hope to accomplish. But we're bored. We've become complacent. We've been taken captive by dull rituals and the daily drudgery of life. We're being led by blind routines; sucking in air and taking up space on the planet, but not really living.



8 INDICATORS YOU'VE POSSIBLY PLATEAUED

by KEN L. ROBERTS

2. LACK OF VISION

We've lost vision for life and leadership. We no longer have a picture of a preferable future that produces any passion in us. We're stuck. We're fixated on the ground beneath us, trudging through the mire of life, seldom lifting our head to look at any potential new horizon. We've accepted the fact that tomorrow will offer us the same as it did today – and that wasn't much.

3. LIMITED FAITH

When we hit a personal or professional plateau we usually aren't taking any risk. We've been living on the same level for so long and the terrain of our life has become so familiar, that we can walk around blindfolded without any fear of falling off. But to step into our next growth season, we have to move into a place where we've never been before, and that takes risk. Growth upsets our routines. It pushes us out of our comfort zone and into unfamiliar territory. It's risky. And that's why ongoing growth takes faith.

4. DIMINISHING FLOW

At the end of a growth season we often begin to sense that the enablement (grace) we once had in certain areas of our life has run out. Something we could easily do earlier now seems more challenging. It's not only more challenging, it's also less fulfilling. The "flow" we once had in an area of our personal and professional life has dried up. This is often another indicator a person has possibly plateaued.

5. DISSATISFACTION

When we come to the end of a certain season of growth we often become discontent. On the one hand, we know we should be content with whatever season we are in. Yet, try as we may, we sense an ever-growing dissatisfaction. Like an eagle stirring her nest to make her eaglets fly, discontentment may be whispering ... "There's something more for your life."

"THE TERRAIN OF OUR LIFE HAS BECOME SO FAMILIAR THAT WE CAN WALK AROUND BLINDFOLDED WITHOUT ANY FEAR OF FALLING OFF."

8 INDICATORS YOU'VE POSSIBLY PLATEAUED

by KEN L. ROBERTS

6. CONFLICT

When we hit a plateau, we often experience conflict. Sometimes it's internal. Sometimes it's external. Many times it's both. Some of the internal conflicts are a general sense of angst, unsettledness, impatience, and irritability – yet often we are not sure why. We may also begin experiencing external conflict; tension with family, friends, colleagues, or co-workers. Our conflict may be with the organizational systems we're a part of, or the people we've been working with are starting to get on our nerves. There's a growing tension with the same worn-out ways of doing things. These conflicts may be another indicator that what is happening in our current stage of life is no longer adequate for our next stage.

7. DRIFTING

When we've lost vision for our life and become bored, we become passive. "Whatever," becomes our motto. Instead of setting a new direction for our next season, we start to drift. We let life take us any direction it wants. And as we all know, drifting seldom takes us in the direction we want to go.

8. REGRESS

When we hit a plateau, not only do start to drift, but we relapse. We begin to regress to where we've always been. It's like riding a bike up hill slowing down as we go; eventually coming to a stop and starting to roll backwards. The same is true when we plateau. We regress. We're no longer gaining ground on life; life is quickly gaining ground on us.

If you have hit a plateau you may want to consider my Life-Focus Online Course. It systematically helps you:

- Discover YOUR North-Star
- Craft YOUR life-Focus Purpose Statement
- Identify & Overcome Potential Growth Barriers
- Design a Process & Plan That Works for You!

GET KEN'S LIFE-FOCUS COURSE HERE!



"DRIFTING
SELDOM
TAKES US IN
THE
DIRECTION WE
WANT TO GO."